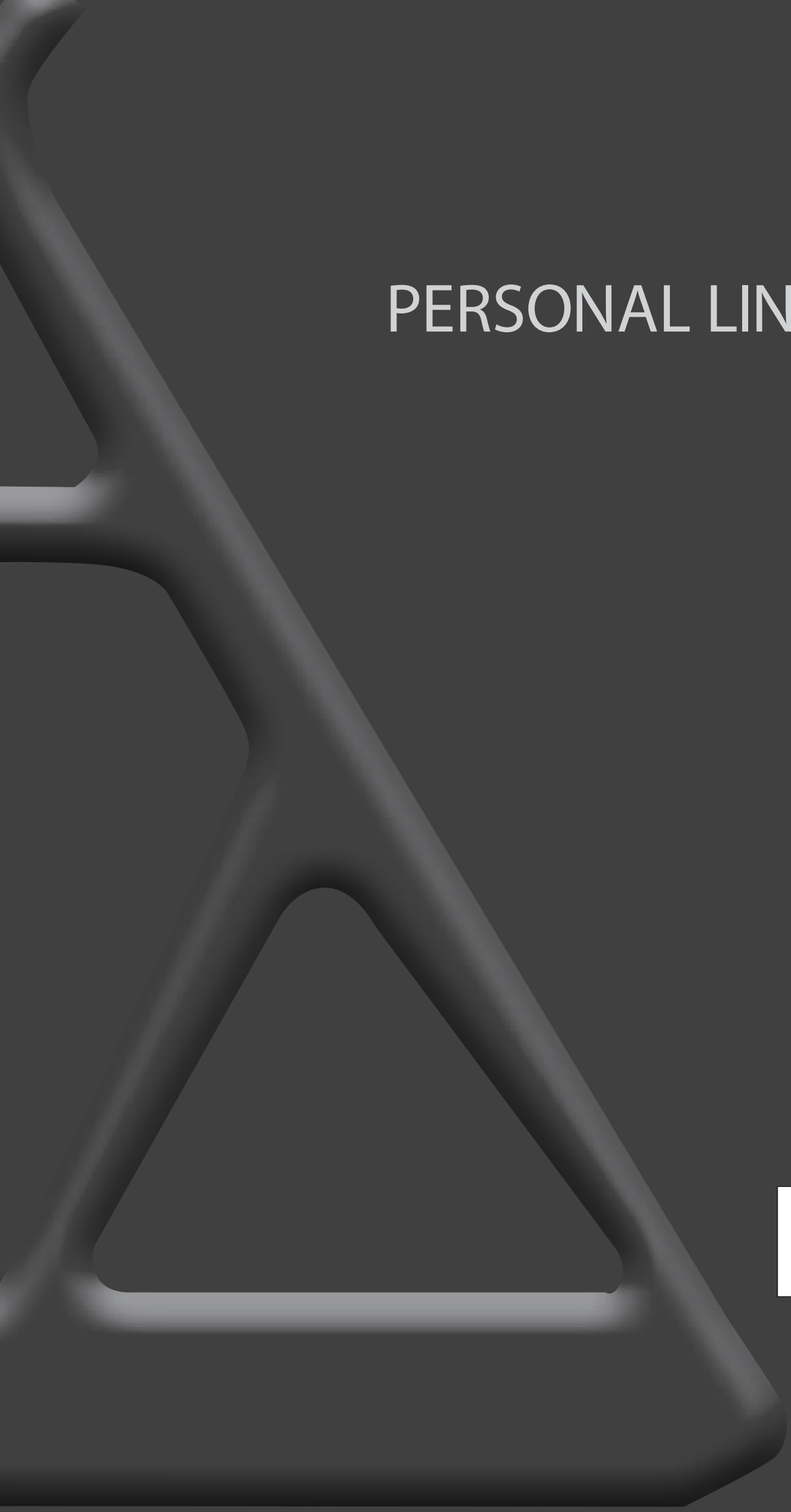

PERSONAL LINE

techno|home
THE ART OF FITNESS

In partnership with
TECHNOGYM
The Wellness Company

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Timeless beauty

The new icon for your Wellness

PERSONAL LINE heralds the day of a new era in the way we approach physical exercise. Born out of the collaboration between Technogym and Antonio Citterio Design Studio,

PERSONAL LINE translates thirty years of research and product development into beautiful design objects created with exclusive materials and exquisite cratfmanship.

Personal Line

RUN PERSONAL

RECLINE PERSONAL

Designed by Antonio Citterio

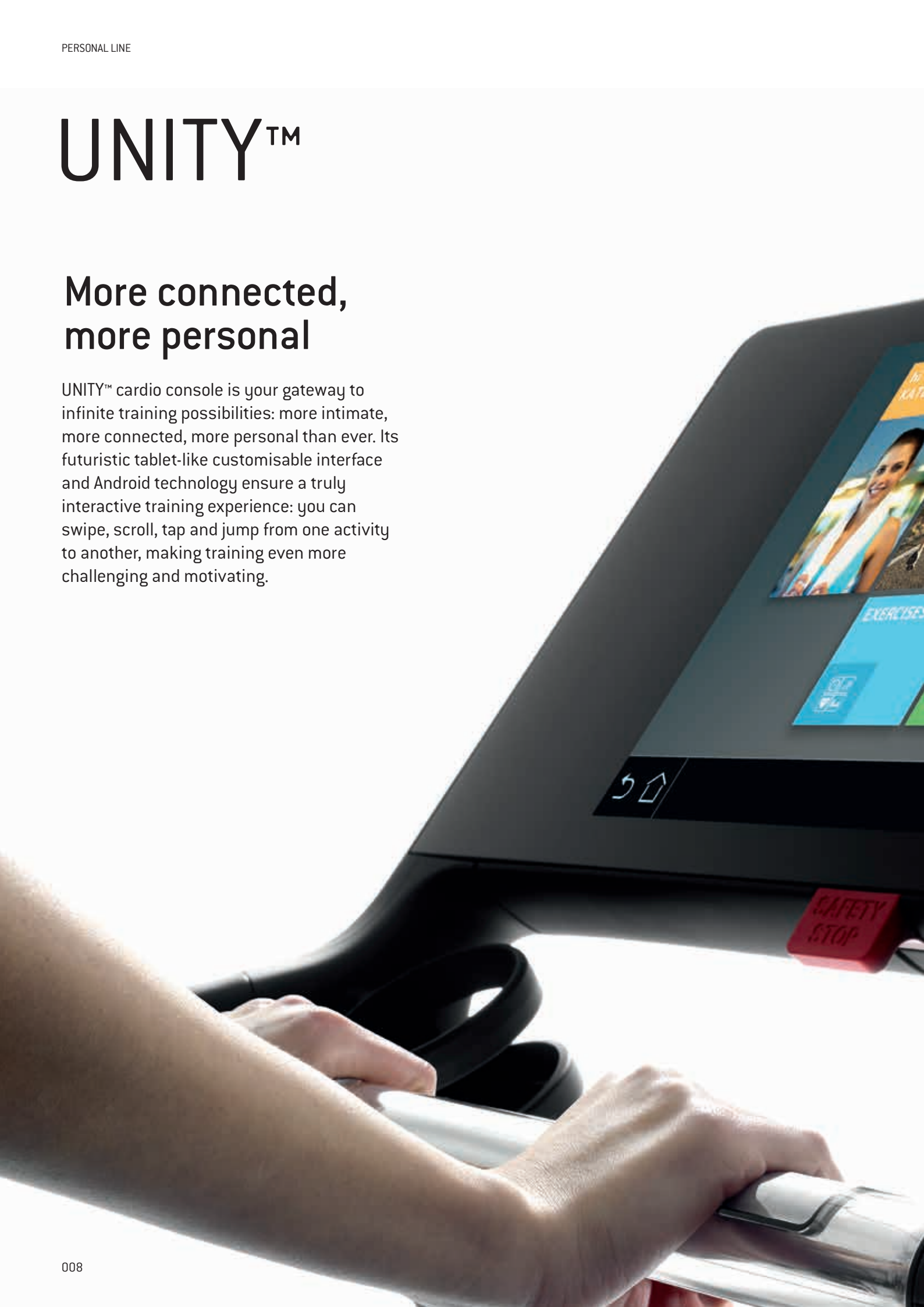
CROSS PERSONAL

KINESIS PERSONAL

UNITY™

More connected, more personal

UNITY™ cardio console is your gateway to infinite training possibilities: more intimate, more connected, more personal than ever. Its futuristic tablet-like customisable interface and Android technology ensure a truly interactive training experience: you can swipe, scroll, tap and jump from one activity to another, making training even more challenging and motivating.



EXERCISE GOAL IN DISTANCE
EXERCISE GOAL IN TIME
EXERCISE GOAL IN CALORIES
FACEBOOK
Kate Moore
YOUTUBE
START
TRAINING
VIRTUAL TRAINING
14:00

Grape Street
Juniper Canyon
30th St
31st St
Bancroft St
30th St
94

Create a challenging training experience

With the new UNITY™ cardio console you can choose from a variety of solutions to create a personalised training experience that meets your objectives while keeping you motivated.

MyRunning Logbook

Use your preferred training app to track your path and performance, feed the information to the UNITY™ console from your mywellness.com account and recreate your outdoor experience every time you want to.

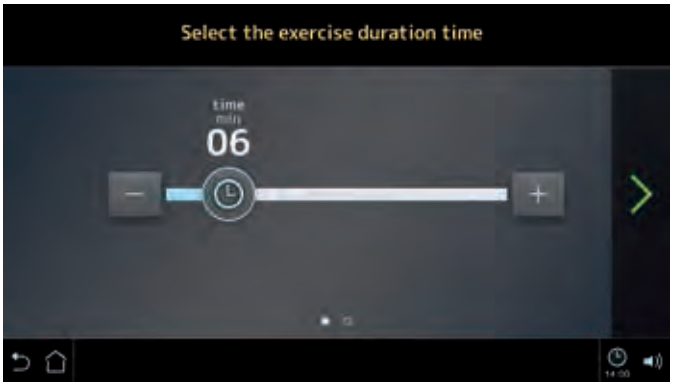
Other apps

Virtual Training

Select a virtual location where you want to train from the different scenarios available and enjoy the outdoor feeling on your cardio console.

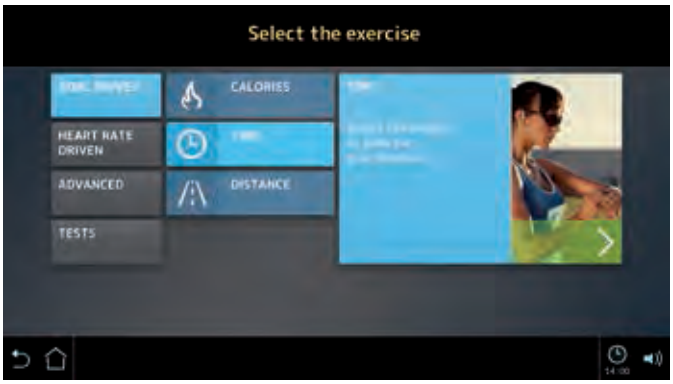
Distance, time, calories

Shortcuts to the most popular workouts for exercising against the time elapsed, or number of calories burnt, or the distance covered.



Exercises

Choose your exercise from the complete list of available workouts: Goal Driven, Heart Rate Driven, Advanced and Tests.

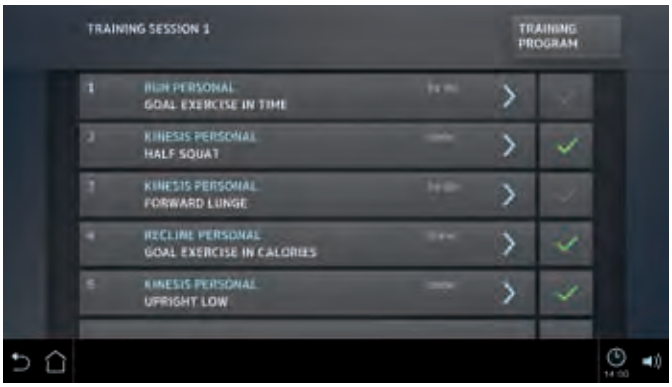


Meet your objective and improve your training performance

Create a personalised training experience suited to your requirements choosing from a variety of workout options.

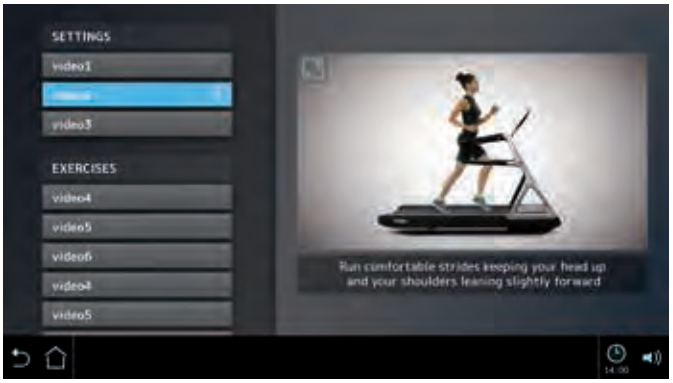
Training

Create a personalised training programme on your mywellness.com account based on your needs and available equipment. Follow the list of exercises and keep track of their status.



Guide me

You can access a library of videos which explain how to use the equipment and show you how to perform the exercises correctly.



Results

Is your training effective? Monitor your results over a set period of time and check your progress against your set goal to make the necessary changes to your training programme.

Enjoy a better experience with your personal content

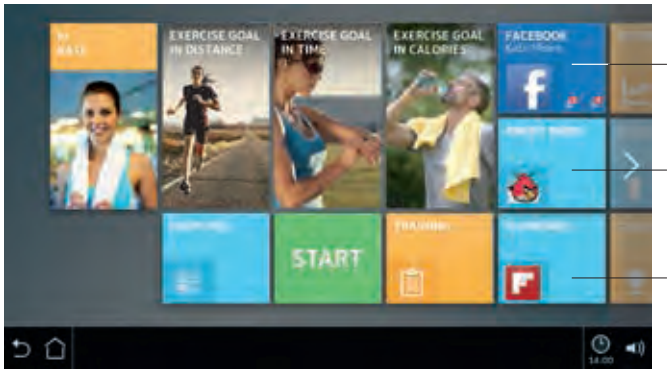
UNITY™ enables you to set up a personal profile that automatically links to your favourite content and training programmes.

Stay connected via Skype

Stay in touch and share your workout with your friends and family, or ask your personal trainer for advice while you train from the built-in webcam.

Set up personal profiles

Create up to five personal profiles so that whoever signs in will go directly to their Facebook account, to their favourite apps, tv channels and websites.

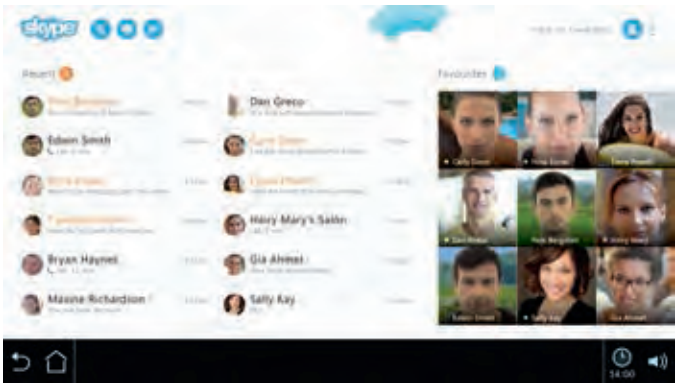


Enjoy your favourite apps

Access your favourite Android apps just like you do with your smartphone or tablet. Flipboard, Pinterest, TuneIn Radio, YouTube, Angry Birds, just to name a few.

Sync your content

All content stays logged in from one workout to the next so you don't need to reset personal preferences and gaming levels.

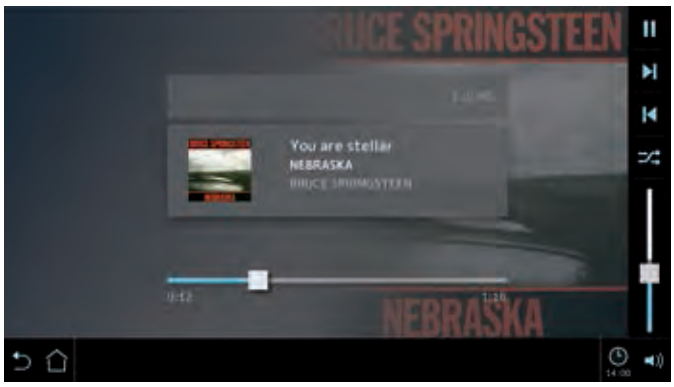


Boost your motivation with a more entertaining workout

With the new UNITY™ cardio console you can watch your favourite TV programmes, listen to your number one radio station, surf the net, listen to music and play your best-loved games while you train.

Music

Wireless listening to your favourite music, songs and artists' playlists from your Apple device via Bluetooth.



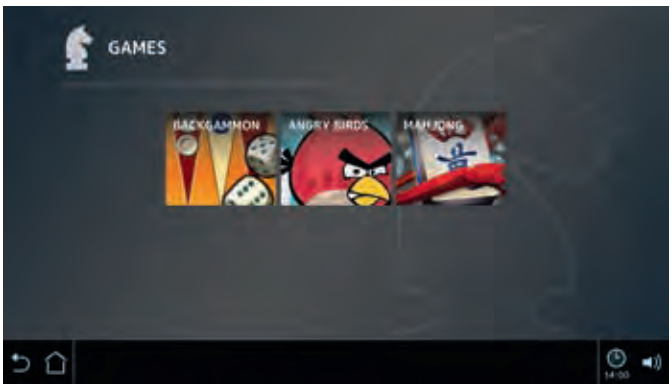
Web

You can browse the web, create and access your personal bookmark list and use the two-finger pinch-to-zoom gesture that allows you to zoom in and out and move the images through pinch.

PINCH-TO-ZOOM

Games

You can choose a game among the most popular apps available on board and stimulate your mind while you train.



TV

You can access the TV channels list and watch your favourite programmes while you train.

HIGH DEFINITION IPTV

Radio

You can access the radio channels list and listen to your favourite programmes while you train.

Run Personal

Designed by Antonio Citterio – Assistant Toan Nguyen

START

Run Personal

Run Personal combines cutting edge technology, innovative materials and flawless design to bring you not only professional cardio training, but also an engaging multimedia experience, so that you can have fun while you run.

RECOMMENDED FOR

- Improving the cardio-respiratory system.
- Weight loss and maintaining body weight.
- Strengthening and toning legs.
- Beginners and experienced users.

Full multimedia entertainment

The tablet-like UNITY™ digital console provides a host of exciting entertainment options: TV, radio, games,web, music and videos.

Integrated 19" touch-screen tempered glass display and loudspeakers.

reddot design award
honourable mention 2010

INTERNATIONAL DESIGN EXCELLENCE AWARDS 12
FINALIST

Enhanced training performance

The silent motor empowers any type of training, from easy-paced walking to high intensity marathon training (4 HP).

Inclination up to 15% to simulate hill training.

Innovative design and materials

The soft touch plastics used for the central and side handles make them pleasurable and comfortable to touch and provide optimum grip.

The micro-polished sleek aluminium frame enhances your home environment design.

Comfort and safety

Constant heart rate monitoring with Hand Sensor and telemetric heart rate monitor. Central support bar, large running surface with shock absorbers and joysticks for adjusting speed and incline from correct posture.

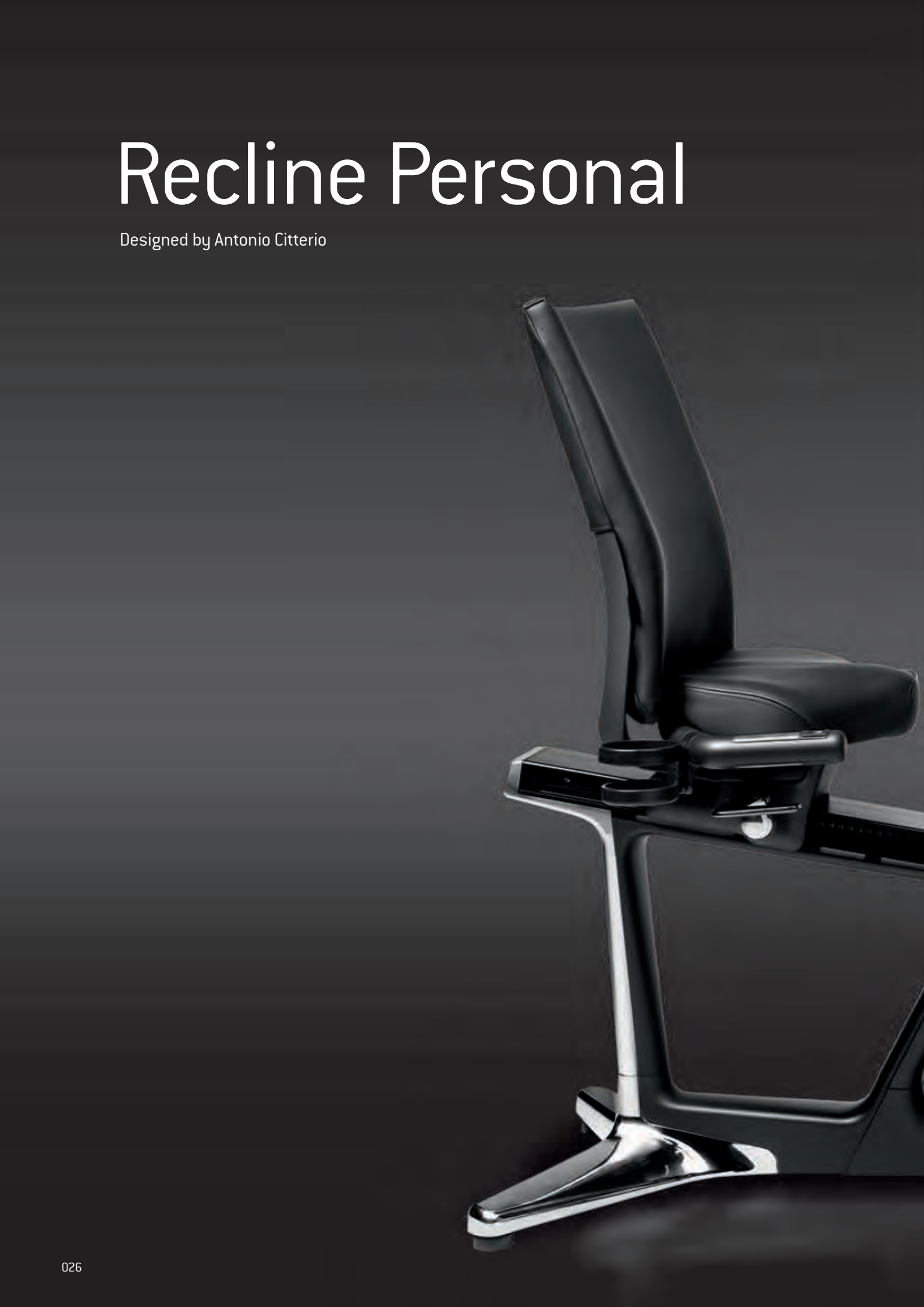
Runner Detection Function automatically that stops the equipment when not in use. Emergency STOP button also incorporated.

TECHNOGYM

TECHNOGYM

Recline Personal

Designed by Antonio Citterio



TECHNOGYM

Recline Personal

Recline Personal integrates performance and style, biomechanical excellence and innovative entertainment. The perfect balance between technology and design.

RECOMMENDED FOR

- Slimming and weight control.
- Maintaining and improving fitness levels.
- Toning legs without straining the back.
- Both advanced workouts and moderate cardio activity for de-conditioned users.

product design award 2013

DESIGN INDEX ADI 2012

reddot design award best of the best 2012

INTERNATIONAL DESIGN EXCELLENCE AWARDS '12 BRONZE

Maximum comfort

The ergonomic adjustable seat designed by Vitra ensures that correct posture is constantly maintained, without straining the back muscles. Thanks to the technological drive transmission system, pedalling is extremely smooth and silent.

Entertainment

The automotive style loudspeakers, which accompany workouts with a clean wrap around sound, are located under the seat and well out of sight.

Attention to details

Micropolished steel with a sleek mirror finish in the front section of the equipment enhances the style of the product making it easy to suit any interior environment.

Robust and elegant

The die cast aluminium frame and the craftsmanship which can be seen in its polished finish make Recline Personal a unique example of style and robust quality.

Cross Personal

Designed by Antonio Citterio

Cross Personal

Cross Personal is the first total body elliptical trainer with an integrated personal entertainment console. Thanks to its silent operation, you will fully appreciate the surrounding effect of the hi-fi speaker sound.

RECOMMENDED FOR

- Slimming and weight control.
- Total body workouts.
- Exercising without placing joints under stress.

Precious materials

Micropolished steel with a sleek mirror finish in the rear section of the equipment enhances the style of the product making it easy to suit any interior environment.

German Design Award WINNER 2014

START
SPEAKERS

Perfectly safe training

Thanks to the telemetric band or the Hand Sensors, which constantly monitor your heartbeat, you can perform each workout in the best way, in line with your objectives and in total safety.

Entertainment and controls close at hand

The four integrated loudspeakers carry the sound around you to give you an unprecedented workout experience.

Ergonomic levers with Fast Track Control allow for exercise intensity adjustments without changing the correct exercise position.

Silent fluid movements

The technology behind the braking system is based on a special electromagnetic device which ensures Cross Personal operates in a completely smooth fashion, making for a comfortable, stylish home environment.

TECHNOGYM

Kinesis® Personal

Designed by Antonio Citterio – Assistant Toan Nguyen

Kinesis® Personal

Kinesis® Personal is the first piece of designer gym furniture for the home and environments dedicated to people's mental and physical wellbeing.

RECOMMENDED FOR

- Improving movements connected both with daily activities and specific sports.
- Improving strength, coordination, flexibility, posture control, breathing control.
- Exercising both single muscles and entire muscle chains, thus helping you to achieve not only more strength, but also better balance, flexibility and stability as key abilities.

Quiet, safe, unlimited movement

Thanks to the FullGravity patent, consisting of a pivoting pulley system, Kinesis® Personal provides an unlimited range of movements. The resistance applied is regulated by a sophisticated and patented innovation. A system of forces gradually and smoothly increases the resistance in total safety, thereby maintaining supreme fluency and silent movement during exercise.
This system, which does not require the presence of a cumbersome weight stack, also contributes to reducing overall equipment dimensions.

Kinesis® Personal VISION

The **VISION** version is made of three steel panels applied to a rigid structural support which act as a mirror without distortion.

The sleek mirror finish allows you to instantly check posture while exercising.

reddot design award
winner 2007

Kinesis® Personal HERITAGE BLACK

The covering panel of the **BLACK** version is made of wood treated with a special paint to make it unalterable with the passage of time and to give the surface an attractive leather look.
The American oak wall bars are selected individually by craftsmen who assess their flawless quality.

Kinesis® Personal HERITAGE LEATHER

The surface of the **LEATHER** version panel is made of full grain leather, carefully selected by craftsmen and applied by hand with contrasting stitching.

TECHNOGYM

Multi-purpose

Thanks to the 3 pairs of handgrips you can perform over 200 different exercises, without having to make any adjustments. Specific muscles (chest, back, abs, glutes and quadriceps) are engaged using the standard individual movements, whereas the combined movements work several muscles in total synergy and at the same time (front and back kinetic chains, core and multi-chain).

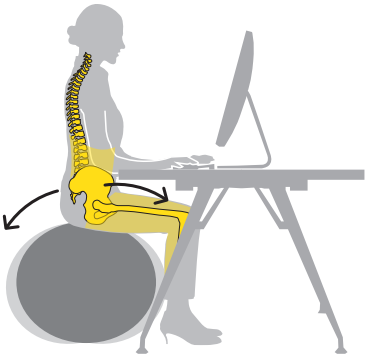
Wellness Tools

Wellness Ball™ Active Sitting

Wellness Ball™ - Active Sitting improves your lifestyle. All the time you spend sitting, at home or at work and in your leisure time, can be turned into an opportunity to exercise and be more active.

Train while sitting comfortably

By making involuntary micro-movements or by using the ball for targeted exercises, you can improve flexibility, stability, balance, coordination and posture, and tone up your back muscles as well as the core muscles. Its patented design ensures a comfortable, stable and correct sitting position for back pain prevention.



A trainer always with you

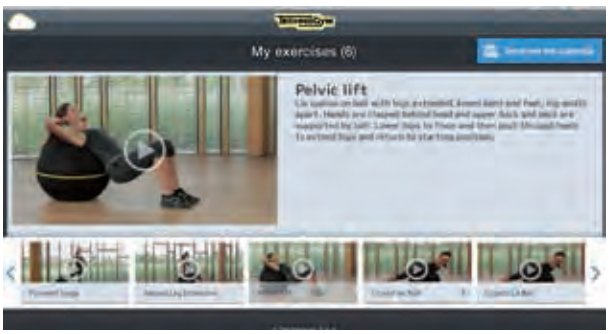
The QR Code enables you to access a library with the most appropriate exercise videos.

Mobile content via smartphone, tablet or PC

Receive personalised training programmes developed by our specialists.

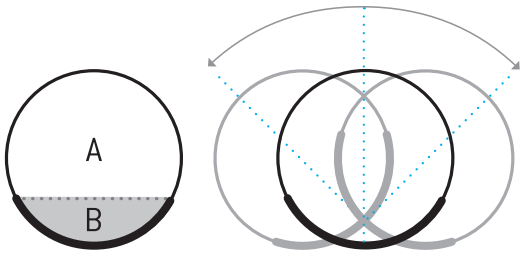
View videos of each exercise, wherever you are.

Receive a reminder of training sessions directly on your device or PC.



Safety and stability

The lower part of the Ball is made of high-density material for greater stability and to prevent it from rolling around, ensuring a tidier environment. A specifically developed material has been used on the underside to prevent slipping (patent pending). The Ball is burst-resistant certified.



Environmentally friendly

The Ball is made from top quality PVC and vinyl, both suitable for recycling. Furthermore, it is phthalate-free, latex-free and complies with strict European safety regulations regarding cadmium and lead content.

Design and quality finish

Wellness Ball™ - Active Sitting is an interior design item, hand-stitched in Italy and perfectly suited to modern, fashion-forward environments (patent pending). The cover is made of multilayered fabric, with a support lining and breathable honeycomb material, typically used in running shoes. It can be removed thanks to a high-quality zip fastener made to nautical standards to resist to wear and tear (patent pending).

Positioning and trasporting via the loop handle

The loop handle allows for easy ball positioning, helping you find a correct sitting position.

Personalisation

Each ball can be inflated to a personalised setting, according to uses, level of comfort and your height.
Use the special label tag to personalise your ball with your name.

Wellness Ball™ Training

Suitable for users of all kinds - from the less experienced to the most demanding ones - Wellness Ball™ makes training all your muscle groups fun, helping you develop flexibility, balance, coordination and correct posture, and perform bodyweight strength exercises.
Its double-layer surface, the result of a patented technology, ensures that the Ball's elastic properties remain unchanged even in the case of frequent use.

Safe materials

Appropriately selected materials guarantee stability, adherence and a soft surface finish. Wellness Ball™ Training is burst-resistant certified for extra safety and its special mixture ensures slow, controlled deflation in case of contact with sharp items.

Personalised dimensions

Wellness Ball™ Training is available in two different models and colours: grey, 55 cm diameter for people up to 170 cm tall; black, 65 cm diameter for people taller than170 cm.

Environmentally friendly

The Ball is made from top quality PVC and vinyl, both suitable for recycling. Furthermore, it is phthalate-free, latex-free and compliant with strict European safety regulations regarding cadmium and lead content.

TECHNOGYM
TECHNOGYM

Wellness Bag™

The Wellness Bag™ is a kit of accessories, including handles, elastic cords and ankle straps, designed for people of all ages who wish to stay in shape at home and on the move. Ideal for improving strength and flexibility.

Safe exercising

Exercises performed using the elastic cords are simple and the resistance/load is optimised according to your physical characteristics and your fitness level.

Maximum portability and versatility

Easy to carry around when travelling. Insert the Wellness Bag™ inside the Wellness Pad and you instantly have a mobile gym which weighs just 2.5 Kg.

Wellness Weights

Wellness Weights are dumbbells to be used at home and on the go.
The modern design and the special materials make them the perfect answer for people looking to keep in shape and tone up with small weights and a touch of style.

Unique design

Technological innovation comes in the form of unconventional materials and a modern, advanced design concept.

Wellness everywhere

The bag is designed to pack the weights correctly and to carry them around safely.

Wellness Rack

The elegant, functional Weights Kit for complete strength training programmes involving all muscle groups. The high-quality polycarbonate weight stand combines quality and durability with modern, stylish design.

User-friendly design

Thanks to the innovative system for fastening the disks to the handlebar, the dumbbells are easy to assemble and use just like professional ones.

Innovative, modern design

The original weight stand is a stylish interior accessory in its own right.

TECHNOGYM®
TECHNOGYM®
TECHNOGYM®
TECHNOGYM®
TECHNOGYM®
TECHNOGYM®

Wellness Pad

An excellent stretching mat, ideal for daily use to improve flexibility and perform basic strength-building floor exercises. Stretching reduces muscular tension, enables greater freedom of movement, helps prevent injuries and improves posture and sports performance.

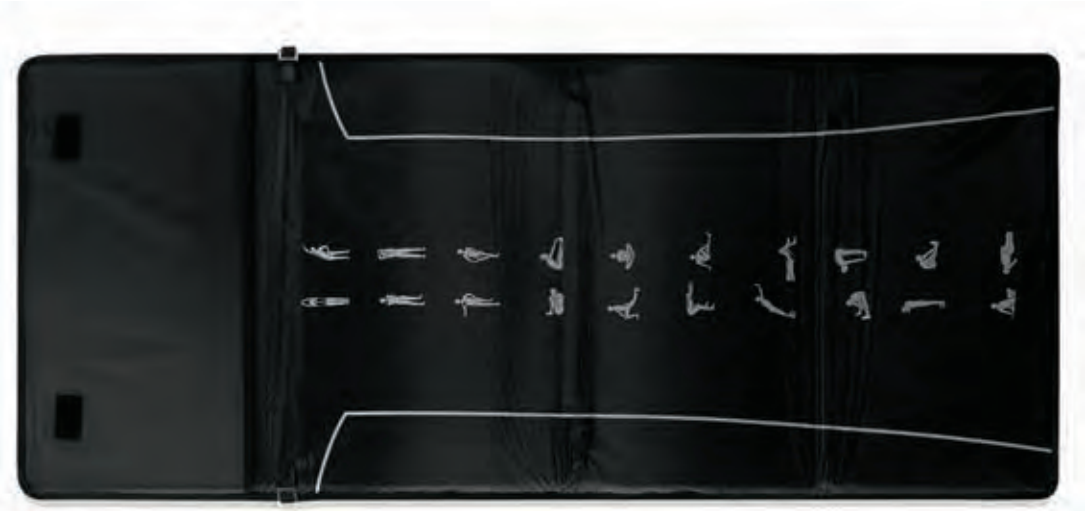
Practical to use and carry around

The basic stretching exercises are printed inside the mat and illustrated in the user manual. The two pockets and shoulder strap make it a versatile and handy solution even for people on the move. Conceived and created to incorporate the Wellness Bag™ perfectly.

Stylish design

With its elegant shape and colour, this mat fits perfectly with the Wellness Tools™ line.

Designed specifically to be carried around and used in combination with the Wellness Bag™.



Services

/ 078

Training Services

Professional training solutions online or on site to guide you in your quest for Wellness.

/ 084

Wellness Design™

Guidance to create and furnish your Wellness environment with style from specialist Technogym consultants.

Training Services

A personal trainer always with you

Wherever you are, Technogym Training Services can recommend the best fitness programme to suit you. Our experts are at your disposal to assist you in creating the most efficient and motivating training programmes validated by Technogym's Scientific Research Department and tailored to your specific needs.

Training Programmes

Pick and choose your favourite video training programme and enjoy your workout every time and everywhere you want, thanks to a multi-device content delivery platform and to our virtual coach.

My Trainer

Create your own online training programme based on your objective and monitor every activity.

Personal Trainer

Enjoy a personalised coaching service under the supervision of a personal trainer every time and everywhere you want.

HOW TO ACCESS THE SERVICES

Via freephone:
0800 3162496

Via the Internet:
technogym.com/trainingservices

From any device:

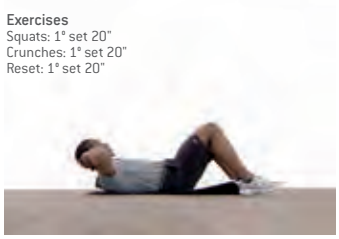
SMARTPHONE TABLET PC

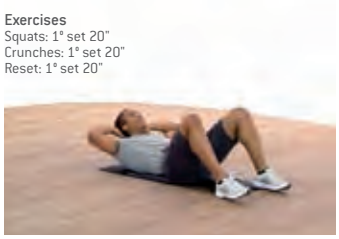
Training Programmes

Technogym has developed specialised training programmes in collaboration with celebrity personal trainers that offer advice and explanations to maximise the effect of the training sessions. The video programmes consist of 24 targeted lessons that include aerobic sessions on the treadmill and floor exercises. The lessons will help you achieve your objective gradually, to improve your lifestyle and maintain its benefits through time.

Weight Loss

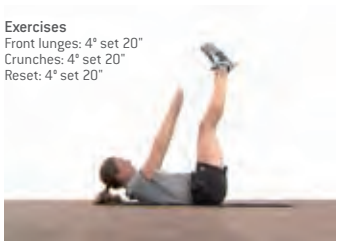
The specific weight loss programme developed by Technogym in collaboration with celebrity personal trainer Josh Holland.





Start Moving

The training programme especially devised to start moving developed by Technogym in collaboration with celebrity personal trainer Christina Curry.



Discover all available training programmes:
technogym.com/trainingprogrammes

My Trainer

It's the multi-platform service that enables you to personalise your training on the basis of your needs.

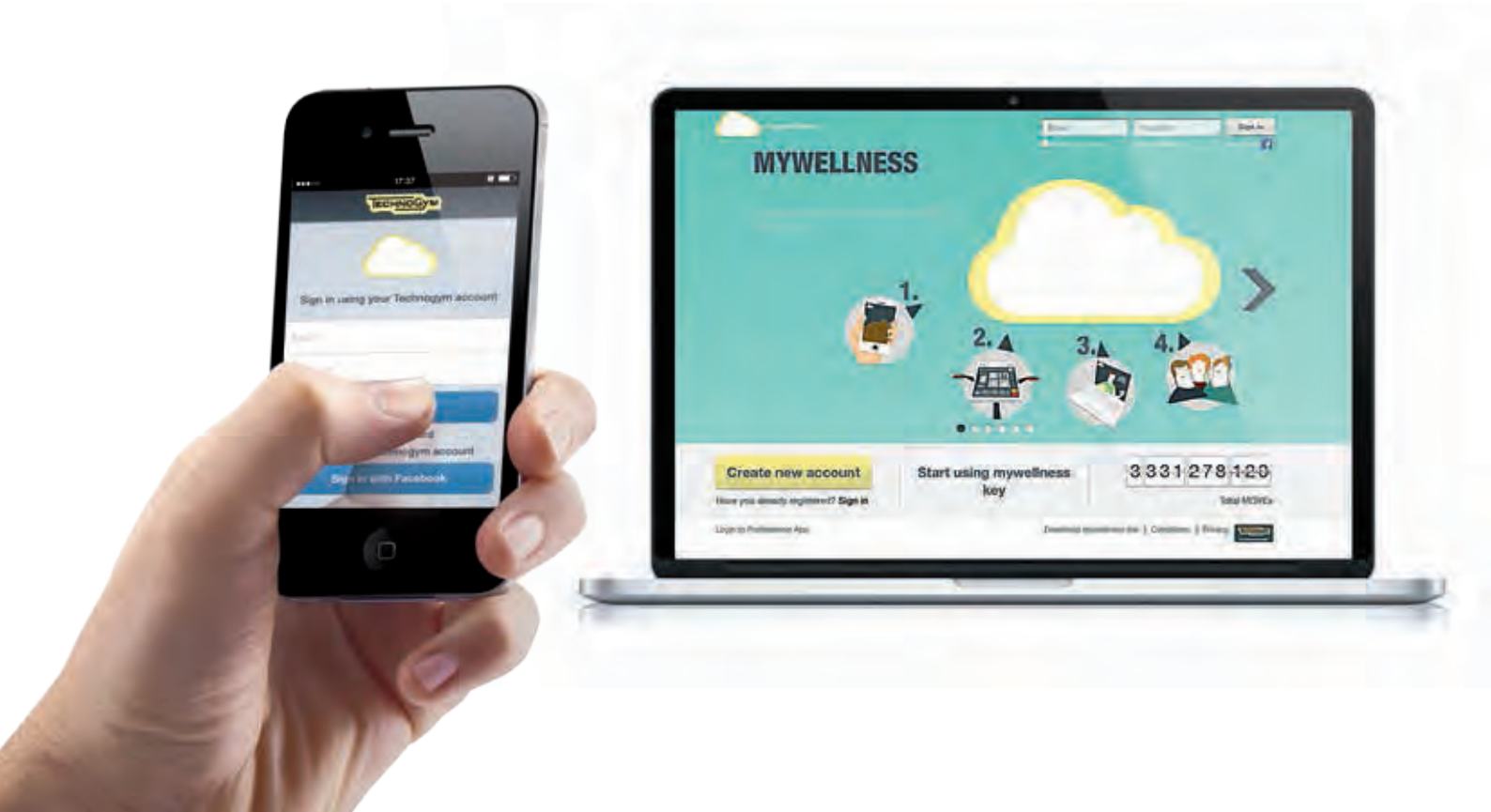
mywellness

WHAT YOU CAN DO

- Download mywellness app to your smartphone
- Create a training programme based on your objective
- Monitor your progress, your activity level and the effectiveness of your training
- Register all outdoor activity
- Take part in virtual challenges created by Technogym.

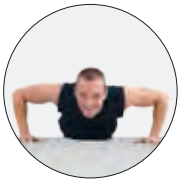
Download on the App Store

ANDROID APP ON Google play



My Trainer enables you to access a library of Technogym programmes from which to choose the one most suited to your needs.

01. Get Stronger



02. Start Moving

03. Lose Weight

04. Stay Young

05. Help your Back

06. Tone Your Body

Personal Trainer

The Personal Trainer is a professional figure that will help you design a personalised training programme based on your needs, and that will follow you in the progress and achievement of your wellness targets in the privacy of your home or at a place of your choice.

SERVICE CHARACTERISTICS

Technogym Personal Trainers will provide you with expert advice and guidance, create the training programmes best suited to you and follow you in your progress, motivating you to reach your targets. You can book the service choosing the days and times that suit you best, between 7am and 10pm. We can be at your side wherever you are, at home, at work, or on holiday thanks to a widespread network of professionals.

PT EXPERIENCE

"Kim is just great. She explains everything and shows you exactly how to move and how to use the equipment. I know I'm training right, even on my own"

"There's one thing a Personal Trainer gives you that a machine can't. Motivation. Francesco is full of motivation. And since meeting Francesco, me too!"

"Xavier makes a workout fun and effective, but what I really appreciate is all the amazing advice he gives me about how to stay balanced and improve my lifestyle"

Wellness Design™

Plan your Wellness

To help you achieve a state of total wellbeing, we can plan your Wellness space according to the principles of Wellness Design™, which take into account both the physical and mental aspects of the individual. Technogym can offer you an interior design service to help you create your very own Wellness space in order to integrate the equipment into your environment and let you live your Wellness experience in the best possible fashion.

Our Wellness Design™ service will allow you to create a virtual image of your home gym before you go ahead with it. During the design phase we pay special attention to the following aspects:

TECHNOGYM PRODUCTS

We will assist you in choosing the right equipment for you and for the space at your disposal.

SPACE

We will set up the equipment making it fully accessible and enabling you to train easily, and in a way which fits perfectly with your environment.

MATERIALS

We will advise you on which materials to choose for your Wellness area (flooring, walls etc.).

LIGHTS AND COLOURS

We will help you select the ideal lighting and colours to fit with the surrounding environment, so that you can enjoy the pleasures of a relaxing Wellness experience.

FURNITURE

We will guide you in the choice of furnishings and complementary items that are best suited to your Wellness area.

WIRING

We will give you clear instructions regarding the electrical requirements necessary for your Technogym equipment.

Get inspired. Visit
technogym.com/wellnessdesign

Equipment Specifications

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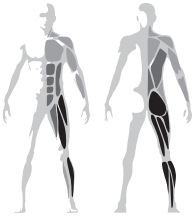
Personal Line

RUN

Specifications and performances	
Dimensions (LxWxH)*	201 x 80 x 147 cm (79" x 31" x 58")
Equipment weight	170 kg (374 lbs)
Max. user weight	160 kg (352 lbs)
Running surface height above ground	20 cm (8")
Speed	0.4 - 18 km/h (0.2 - 11.2 mph)
Incline (%)	0 - 15%
Running surface (Length x Width)	145 x 51 cm (57" x 20")
Power requirement	180 - 265 VAC
Motor power (peak)	4.0 HP
Max. power consumption	2200 VA
Training and comfort features	
Goal Oriented Display	Yes
Training Programmes	19 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Virtual Training, On Trend (Speed shift; Hills; Hi-low blocks; Cross Training)
Submaximal Tests	Fitness Test, Smart Test, Single Stage, Multi Stage
Maximal Tests	Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Runner Detection System	Yes
Calorie Coach	Yes
Durability and supplementary features	
Long Life Deck	Yes
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (19")



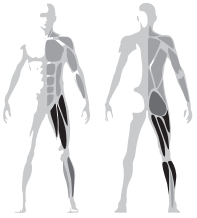
PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment

RECLINE

Specifications and performances	
Dimensions (LxWxH)*	139 x 64 x 138 cm (55" x 25" x 54")
Equipment weight	70 kg (154 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	19 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Virtual Training, On Trend (Hills; Hi-low blocks; Burn Out; Cross Training)
Submaximal Tests	Fitness Test, Smart Test
Language available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish
User-defined language selection	Yes
Heart rate monitoring	Hand Sensors, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (15.6")



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

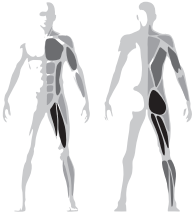
SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

* Length x Width x Height while working on the equipment

Personal Line

CROSS

Specifications and performances	
Dimensions (LxWxH)*	194 x 69 x 176 cm (76" x 28" x 69")
Equipment weight	145 kg (320 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	100 - 240 VAC
Max power consumption	160 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Virtual Training, On Trend (Hills; Hi-low blocks; Cross Training)
Submaximal Tests	Fitness test
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (15.6")

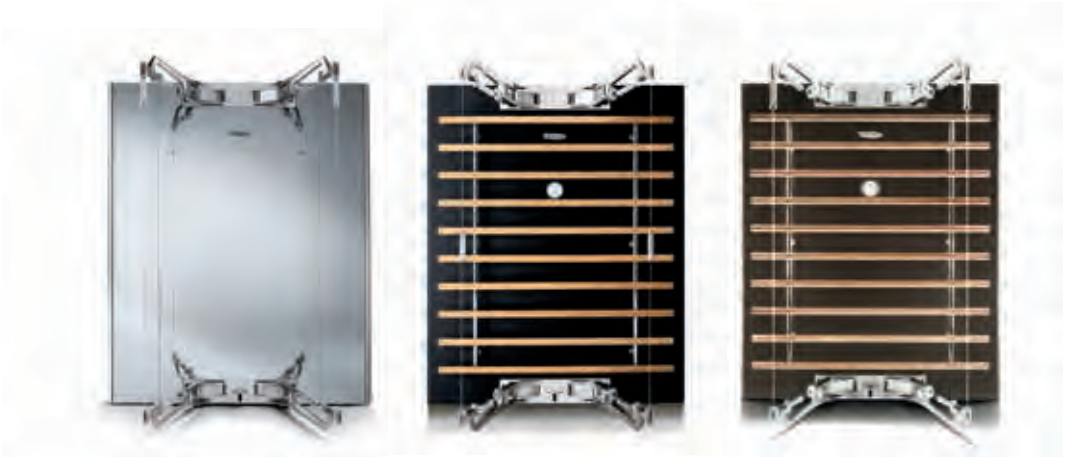


PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

* Length x Width x Height while working on the equipment

KINESIS®



Kinesis Personal - Vision | Kinesis Personal - Heritage Black | Kinesis Personal - Heritage Leather

Specifications and training features	
Dimensions (Length x Width x Height)	45 x 170 x 210 cm (18" x 67" x 83") closed 115 x 170 x 210 cm (45" x 67" x 83") during operation
Length when closed	45 cm (18")
Length during operation	115 cm (45")
Minimum frontage required for use	2 m (79")
Equipment weight	240 kg (528 lbs) Heritage - 280 kg (616 lbs) Vision
Power requirement	110 - 220 VAC
Versions available	Vision, Heritage Black, Heritage Leather
Standard functions and accessories	Wellness Ball™, 2 x Revolving attachments 2 x Ankle straps, Exercise and Wellness Lifestyle™ DVD, User manual, Exercise manual

KINESIS® PERSONAL - VISION
Micro-polished steel panel

KINESIS® PERSONAL - HERITAGE BLACK
Wooden cover panel

KINESIS® PERSONAL - HERITAGE LEATHER
Leather panel

Personal Line

UNITY™

Screen & controls	
Screen size - Run Personal	19" LCD - Wide 16:9
Screen size - Other equipment	15.6" LCD - Wide 16:9
Capacitive touch screen	Multitouch
Tablet-like navigation	Yes
Training content	
Guide Me	Yes
Embedded Workout Programmes	19 on Run Personal and Recline Personal, 18 on Cross Personal
Telemetric heart rate belt compatible	Bluetooth, Analogue transmission
Languages	18 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Turkish, Danish, Italian, Arabic, Korean, Norwegian, Swedish, Finnish
User connectivity options / mywellness cloud access	
NFC (RFID) reader	Yes
QR code	Yes
Technogym key and mywellness key reader	Yes
Login with username and password (typing option)	Yes
User personal account	
Personalised training programme	Yes
Local weather	Yes
Favourite TV channels	Yes
Favourite web bookmarks	Yes
User Content Sync	Yes
Entertainment options / Multimedia	
Analogue TV	PAL (BG, DK, I, M, N, BG Australia), SECAM (L, L1, DK), NTSC (NTSC M)
Digital TV	DVB-T HD, DVB-C HD, ATSC+QAM B MPEG2, ISDB-T (with smart card reader for Japanese market)
IPTV	Requiring a dedicated version of UNITY. It supports SD; HD (MPEG-2; MPEG -4 pt10 AVC/H.264 Standard Definition & HD - up to 720p and 1080i; Protocols: UDP multicast & unicast)

Entertainment options	
Radio	digital (DVB-T, DVB-C, ATSC, ISDB-T, QAM), analogue (FM)
Free web browsing	Yes
Games	Yes
Integrated Webcam	Yes
Audio/Mic plug	mini-jack 3,5 mm: audio: all standards mic: CTIA/AHL standard
USB Multimedia - Audio	MP3, M4A, WAV
USB Multimedia - Video	AVI (Video codec: XVID, MPEG4, H264 - Audio codec: MP3, AC3) MKV (Video codec: MPEG4, H264 - Audio codec: MP3, AAC, AC3) MP4 (Video codec: MPEG4, H264 - Audio codec: MP3, AC3) 3GP; Up to 720p
USB Multimedia - Picture and documents readers	JPEG, PNG, PDF
Bluetooth headphones compatibility	Yes
iPod / iPhone / iPad audio content via Bluetooth	Yes
Android smartphone audio content via USB	Yes (USB cable not provided)
Virtual training	Yes
Customizable screen saver	
Customizable background*	video or images
Facility logo*	Yes
Customizable messages*	Yes
Network connectivity	
LAN - Ethernet 10/100	Yes
WiFi	Yes (Wi-Fi IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP)
Supported Professional Apps	
Communicator - Messagges*	Yes
Communicator - Club Area*	Yes
Asset management*	Yes
Technogym App Store*	Yes
Prescribe*	Yes
Self*	Yes
Challenge*	Yes

*Available for commercial use only

Wellness Tools™

WELLNESS RACK

Specifications and training features	
Strength training disk holder display, with two handles (Jolly Handle) which use a unique locking system	
Dimensions (Length x Width x Height)	19 x 41 x 43 cm (7" x 16" x 17")
8 disks weighing	2 kg (4 lbs)
8 disks weighing	0.5 kg (1 lb)
Handle weight (lbs)	1 kg (2.2 lbs)
Max weight loadable per dumbbell (lbs)	13 kg (26 lbs)
Max loadable weight for simultaneous use (lbs)	10 kg (20 lbs)

WELLNESS PAD

Specifications and training features	
Versatile, unparalleled in the sector. The perfect blend of functionality and design: an excellent stretching mat and at the same time a convenient bag and elegant accessory	
Dimensions when open	120 x 50 cm (47" x 20")
Dimensions when closed	30 x 50 cm (12" x 20")
Thickness	10 cm (4")
Weight	0.7 kg (1.5 lbs)
Standard accessories	Removable shoulder strap, exercise manual

WELLNESS BAG™

Specifications and training features	
Compact dimensions and limited weight make this a real travel gym. The Wellness Bag™ can easily fit in a suitcase, overnight bag or be combined with the Wellness pad	
Dimensions (Length x Width x Height)	82 x 21 x 4 cm (32" x 8" x 1") open - 39 x 21 x 8 cm (15" x 8" x 3") closed
Weight (lbs)	1.8 kg (4 lbs)
2 Elastic cords + footrest	71 cm (28")
2 Elastic cords + footrest	81 cm (32")

WELLNESS WEIGHTS

Specifications and training features	
New design, lines and materials make Wellness Weights the ideal solution for anyone wanting to tone up using small weights. Perfect for running and aerobic exercise	
Set of 2 dumbbells with Velcro straps weighing	0.5 kg (1 lb)
Set of 2 dumbbells with Velcro straps weighing	1 kg (2 lbs)
Standard accessories	Weight bag, exercise manual

WELLNESS BALL™ TRAINING

Specifications and training features	
Made of materials which promote perfect stability, adherence and softness during exercising, guaranteeing durability and maximum safety	
Ø Dimensions Silver	55 cm (22")
Ø Dimensions Black	65 cm (26")
Standard accessories	Bag, Pump with adapter, exercise manual

WELLNESS BALL™ ACTIVE SITTING

Specifications and training features	
Double density ball, weighted in the lower section to help centre it and stop it rolling around, making it a comfortable seat. Made in Italy out of premium quality PVC, it is phthalate-free and latex-free and is built not to burst. The multilayered fabric cover consists of a support lining and breathable honeycomb material. Tha handle helps to carry it around and adjust it when used at a desk. The QR code on the handle gives access (via Smartphone) to exercise videos, which can be planned in one's own electronic calendar	
Ball Ø suitable for users whose height is between 140–170 cm	55 cm (22")
Ball Ø suitable for users whose height is over 170 cm	65 cm (26")
Standard accessories	Cover, Pump with adapter, Exercise manual

Official Partner

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TechnoHome can artfully design your luxury/lifestyle home gym with your wellness needs in mind. Or you can select individual fitness equipment to enhance your work-out space.

For information on TechnoHome and to purchase the signature Personal Collection, please visit us at **www.technohome.com**

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THE ART OF FITNESS

Email: info@technohome.com
Tel: 781.710.2121

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